State limit of: .05

Blood Alcohol Content
(BAC) Estimation Charts

ServSafe
National Restaurant Association

After 1 Hour of Drinking

Body Weight

# of Drinks	100 lbs.	120 lbs.	140 lbs.	160 lbs.	180 lbs.	200 lbs.	220 lbs.	240 lbs.
1	.022	.015	.011	.007	.005	.003	.001	.000
2	.059	.046	.038	.031	.026	.022	.018	.015
3	.097	.078	.064	.054	.046	.040	.035	.031
4	.134	.109	.091	.078	.067	.059	.052	.046
5	.172	.140	.118	.101	.088	.078	.069	.062
6	.209	.172	.145	.125	.109	.097	.086	.078
7	.247	.203	.172	.148	.130	.115	.103	.093
8	.284	.234	.198	.172	.151	.134	.120	.109

■ Indicates a BAC of .05 or higher

Body Weight

# of Drinks	100 lbs.	120 lbs.	140 lbs.	160 lbs.	180 lbs.	200 lbs.	220 lbs.	240 lbs.
1	.029	.022	.016	.012	.009	.006	.004	.003
2	.074	.059	.048	.040	.034	.029	.025	.022
3	.119	.097	.080	.068	.059	.052	.045	.040
4	.164	.134	.113	.096	.084	.074	.066	.059
5	.209	.172	.145	.125	.109	.097	.086	.078
6	.254	.209	.177	.153	.134	.119	.107	.097
7	.299	.247	.209	.181	.159	.142	.127	.115
8	.344	.284	.241	.209	.184	.164	.148	.134

■ Indicates a BAC of .05 or higher

Markham, M.R., Miller, W.R. & Arciniega, L. (1993) BACCuS 2.01: Computer software for quantifying alcohol consumption. Behavior Research Methods, Instruments, & Computers, 25, 420-421

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